

Fig. 1

09767455-080201

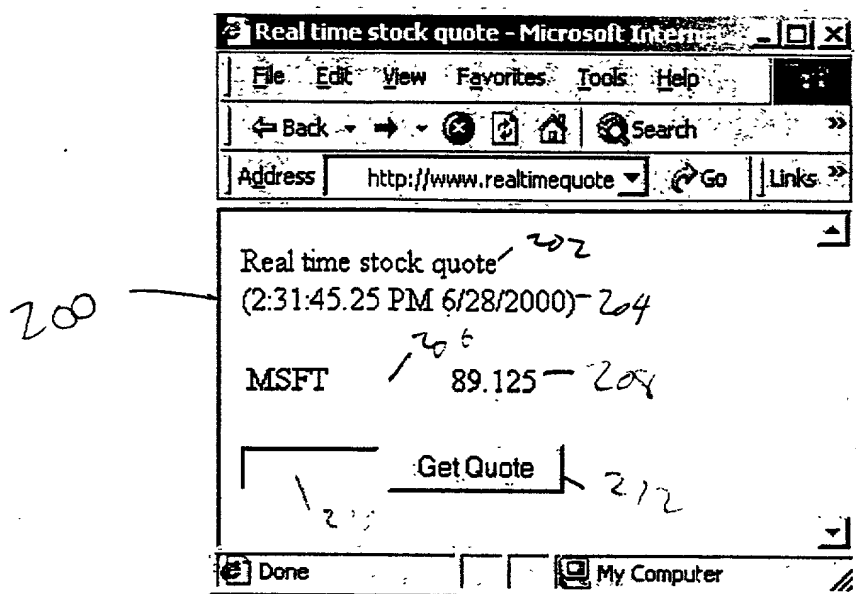


FIG. 2

300 \nearrow



FIG. 3

Descriptive statistics		Descriptive statistics	
Variable	Mean (SD)	Variable	Mean (SD)
Age	34.5 (10.2)	Age	34.5 (10.2)
Gender	Male (70%)	Gender	Male (70%)
Marital status	Married (65%)	Marital status	Married (65%)
Education	High school (45%)	Education	High school (45%)
Income	\$15,000 (12,000)	Income	\$15,000 (12,000)
Health status	Good (75%)	Health status	Good (75%)
Stress level	High (60%)	Stress level	High (60%)
Life satisfaction	Low (55%)	Life satisfaction	Low (55%)
Depression	Yes (40%)	Depression	Yes (40%)
Alcohol use	Occasional (30%)	Alcohol use	Occasional (30%)
Smoking	Smoker (45%)	Smoking	Smoker (45%)
Exercise	Regular (20%)	Exercise	Regular (20%)
Family size	3 children (50%)	Family size	3 children (50%)
Work hours	40 hours (10 hours)	Work hours	40 hours (10 hours)
Job satisfaction	Low (50%)	Job satisfaction	Low (50%)
Health insurance	Private (60%)	Health insurance	Private (60%)
Medical history	Chronic (35%)	Medical history	Chronic (35%)
Medication	Yes (30%)	Medication	Yes (30%)
Comorbidities	Yes (45%)	Comorbidities	Yes (45%)
Genetics	Family history (25%)	Genetics	Family history (25%)
Environment	Urban (55%)	Environment	Urban (55%)
Social support	Low (40%)	Social support	Low (40%)
Resilience	Low (35%)	Resilience	Low (35%)
Coping strategies	Maladaptive (45%)	Coping strategies	Maladaptive (45%)
Life events	Recent (30%)	Life events	Recent (30%)
Personality traits	Neuroticism (50%)	Personality traits	Neuroticism (50%)
Attachment style	Anxious (40%)	Attachment style	Anxious (40%)
Self-esteem	Low (45%)	Self-esteem	Low (45%)
Optimism	Low (40%)	Optimism	Low (40%)
Gratitude	Low (35%)	Gratitude	Low (35%)
Forgiveness	Low (30%)	Forgiveness	Low (30%)
Empathy	Low (35%)	Empathy	Low (35%)
Compassion	Low (30%)	Compassion	Low (30%)
Kindness	Low (25%)	Kindness	Low (25%)
Generosity	Low (20%)	Generosity	Low (20%)
Patience	Low (15%)	Patience	Low (15%)
Self-control	Low (10%)	Self-control	Low (10%)
Emotional regulation	Low (5%)	Emotional regulation	Low (5%)
Stress management	Low (10%)	Stress management	Low (10%)
Problem-solving	Low (5%)	Problem-solving	Low (5%)
Decision-making	Low (10%)	Decision-making	Low (10%)
Goal setting	Low (5%)	Goal setting	Low (5%)
Time management	Low (10%)	Time management	Low (10%)
Organization	Low (5%)	Organization	Low (5%)
Productivity	Low (10%)	Productivity	Low (10%)
Focus	Low (5%)	Focus	Low (5%)
Attention	Low (10%)	Attention	Low (10%)
Memory	Low (5%)	Memory	Low (5%)
Learning	Low (10%)	Learning	Low (10%)
Adaptability	Low (5%)	Adaptability	Low (5%)
Flexibility	Low (10%)	Flexibility	Low (10%)
Openness	Low (5%)	Openness	Low (5%)
Conscientiousness	Low (10%)	Conscientiousness	Low (10%)
Agreeableness	Low (5%)	Agreeableness	Low (5%)
Neuroticism	Low (10%)	Neuroticism	Low (10%)
Extraversion	Low (5%)	Extraversion	Low (5%)
Introversion	Low (10%)	Introversion	Low (10%)
Sensitiveness	Low (5%)	Sensitiveness	Low (5%)
Emotional stability	Low (10%)	Emotional stability	Low (10%)
Stress resilience	Low (5%)	Stress resilience	Low (5%)
Life satisfaction	Low (10%)	Life satisfaction	Low (10%)
Well-being	Low (5%)	Well-being	Low (5%)
Quality of life	Low (10%)	Quality of life	Low (10%)
Health-related quality of life	Low (5%)	Health-related quality of life	Low (5%)
Physical health	Low (10%)	Physical health	Low (10%)
Mental health	Low (5%)	Mental health	Low (5%)
Social health	Low (10%)	Social health	Low (10%)
Emotional health	Low (5%)	Emotional health	Low (5%)
Psychological health	Low (10%)	Psychological health	Low (10%)
Behavioral health	Low (5%)	Behavioral health	Low (5%)
Lifestyle health	Low (10%)	Lifestyle health	Low (10%)
Environmental health	Low (5%)	Environmental health	Low (5%)
Social environment	Low (10%)	Social environment	Low (10%)
Work environment	Low (5%)	Work environment	Low (5%)
Home environment	Low (10%)	Home environment	Low (10%)
Community environment	Low (5%)	Community environment	Low (5%)
Natural environment	Low (10%)	Natural environment	Low (10%)
Urban environment	Low (5%)	Urban environment	Low (5%)
Rural environment	Low (10%)	Rural environment	Low (10%)
Suburban environment	Low (5%)	Suburban environment	Low (5%)
Coastal environment	Low (10%)	Coastal environment	Low (10%)
Mountain environment	Low (5%)	Mountain environment	Low (5%)
Desert environment	Low (10%)	Desert environment	Low (10%)
Temperate environment	Low (5%)	Temperate environment	Low (5%)
Tropical environment	Low (10%)	Tropical environment	Low (10%)
Polar environment	Low (5%)	Polar environment	Low (5%)
High-altitude environment	Low (10%)	High-altitude environment	Low (10%)
Low-altitude environment	Low (5%)	Low-altitude environment	Low (5%)

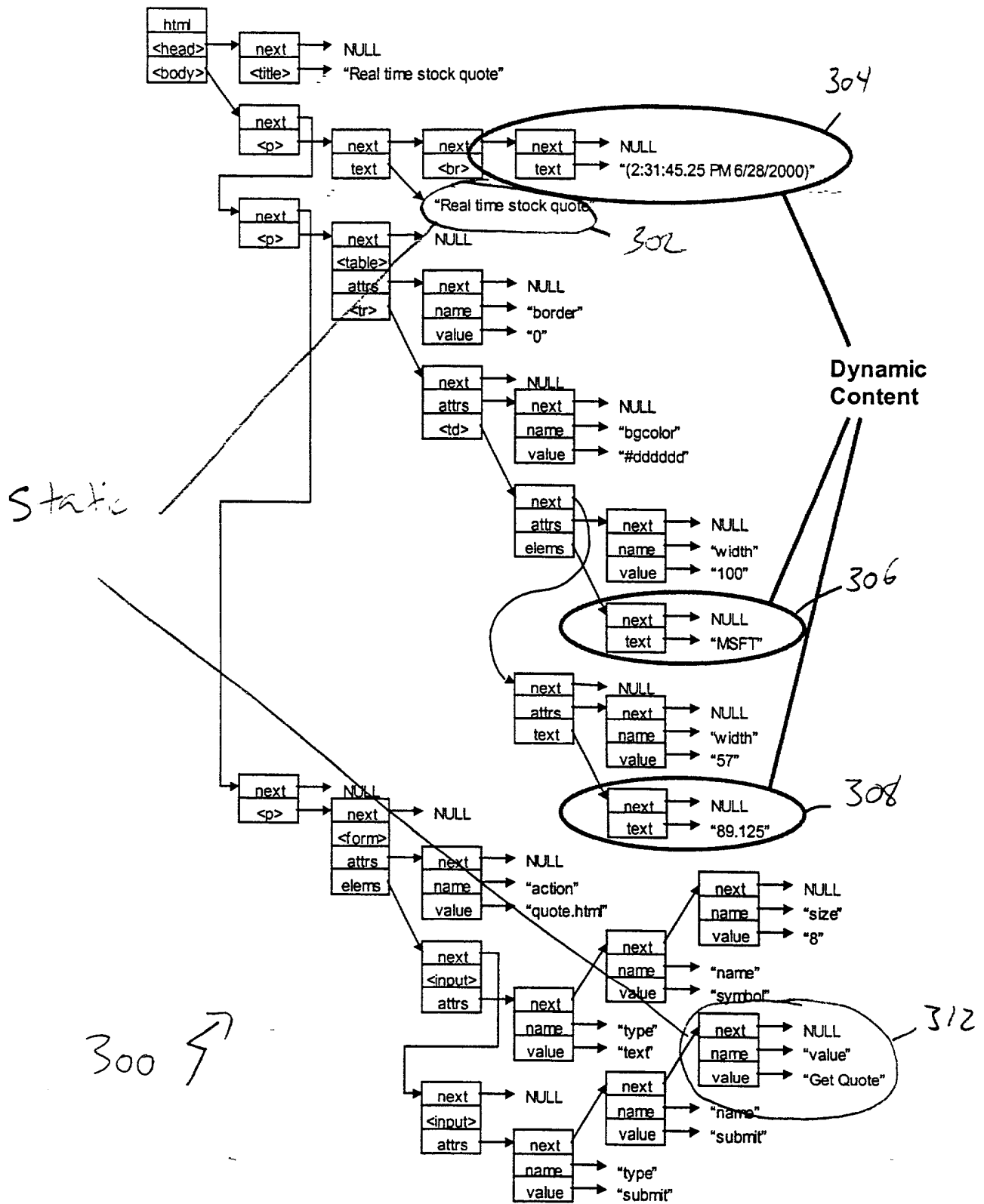


FIG. 4

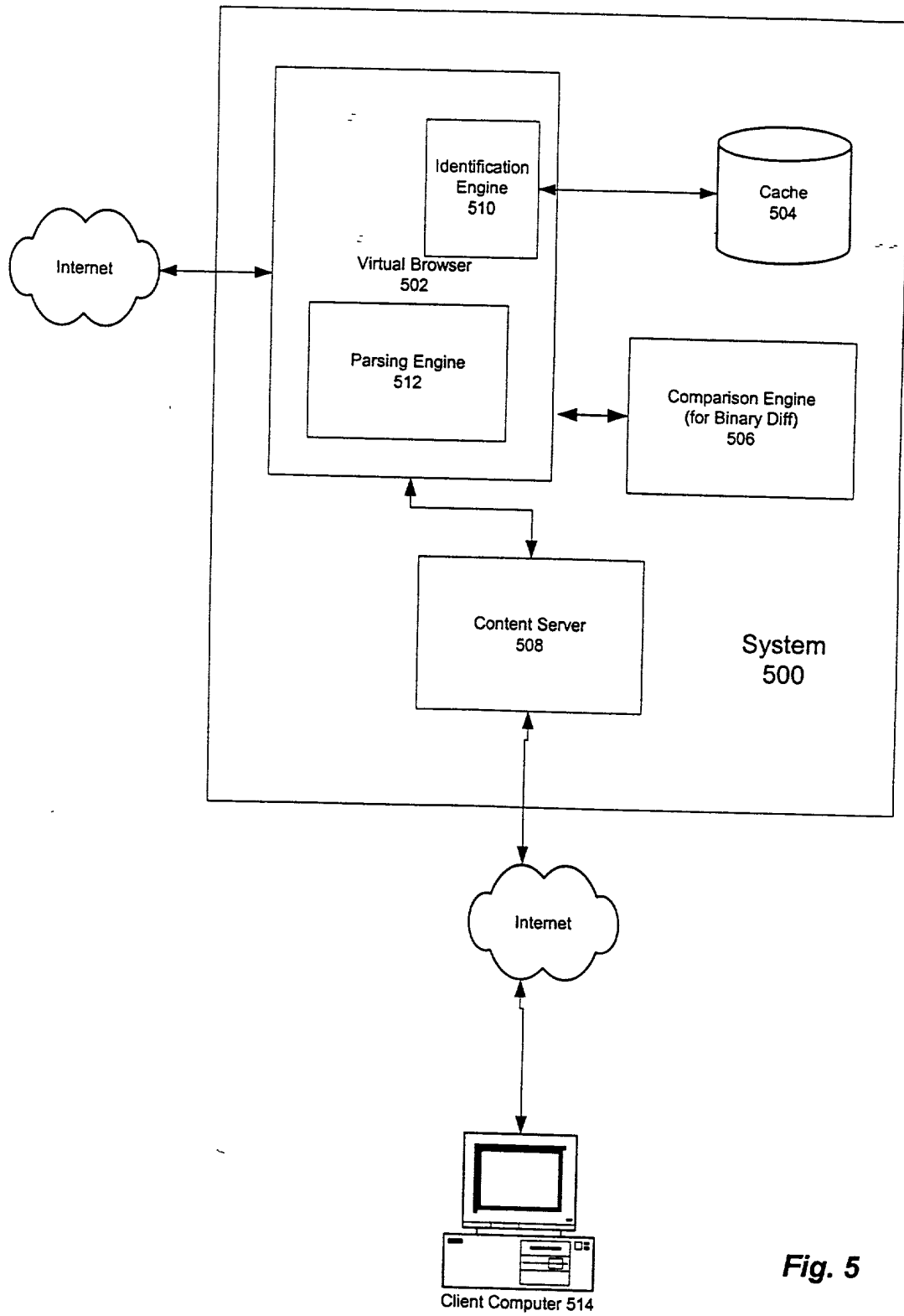


Fig. 5

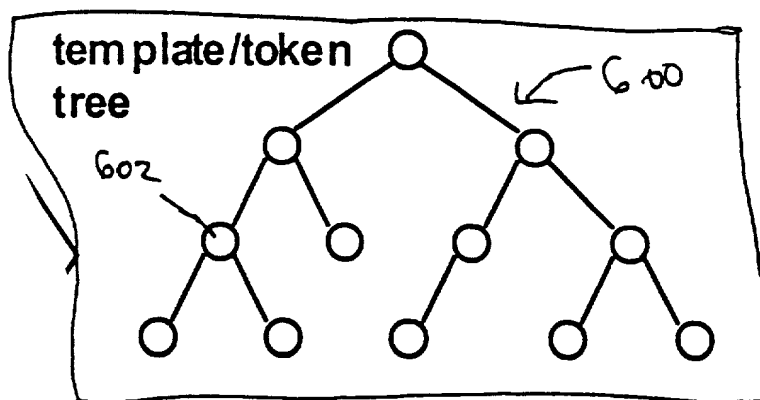


FIG. 6

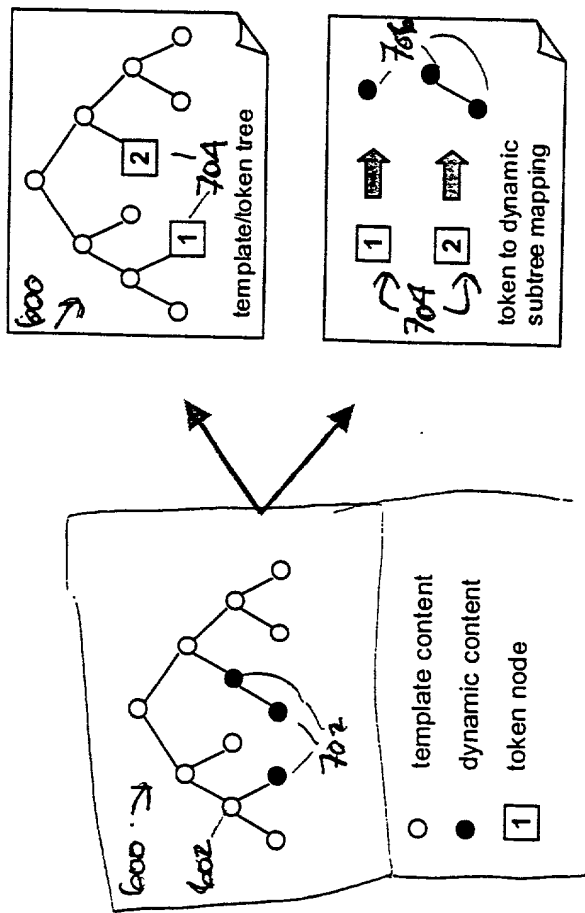


Fig. 7

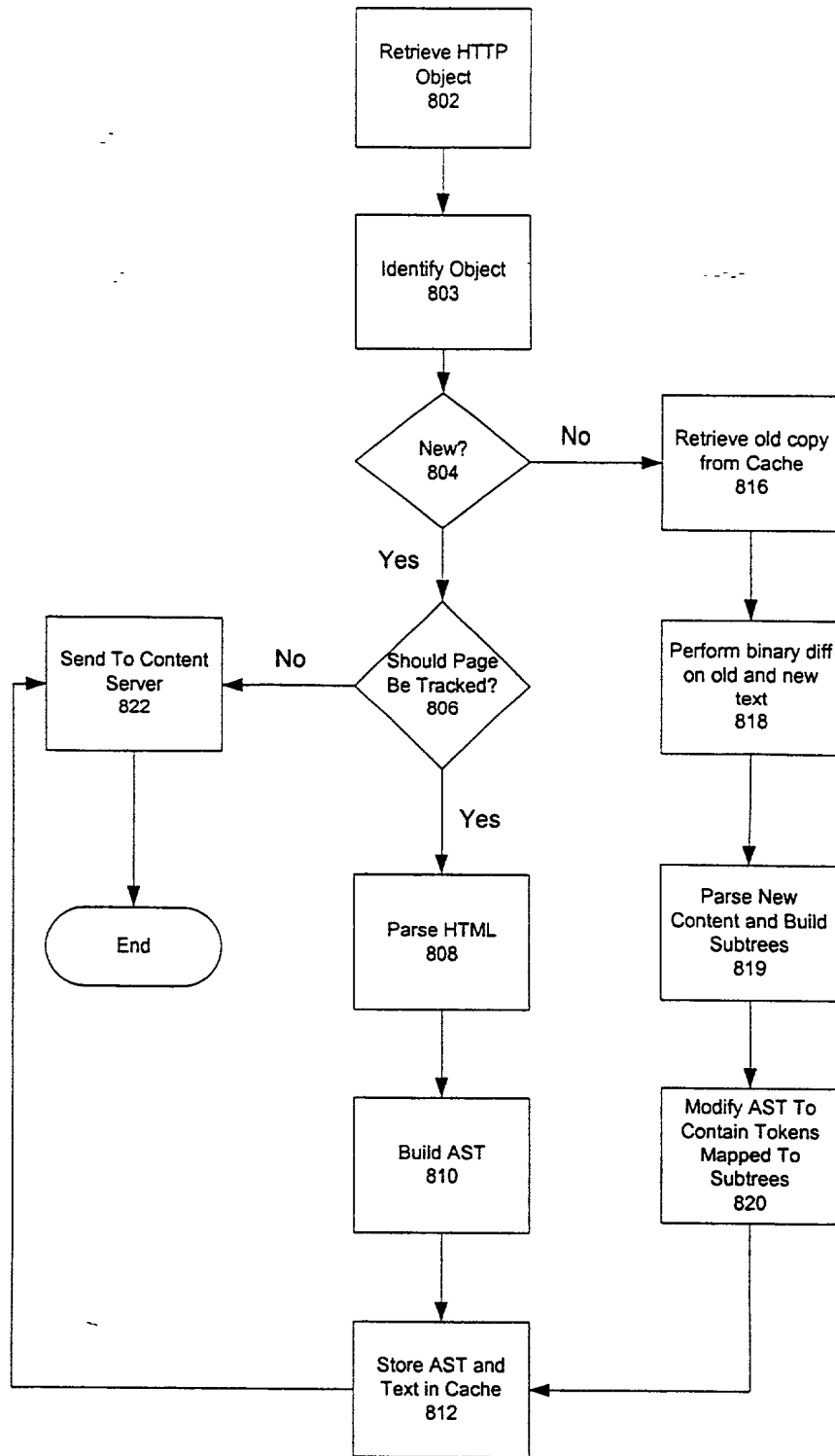


Fig. 8